

Abstract

The objective of the Study Final Work is to clarify a rugby players loading characteristic and compare these results with analogical team ball game – soccer. The players loading was evaluated by analysis of the heart rate during a rugby match. Selected players were also assessed through an exercise test on a running simulator at The Sport Laboratory of the Charles University FTVS (Faculty of Sports and Physical Education) and the results of the test were correlated with results gained during the match.

The Final Work approved the interval loading of the rugby players during the match. The results received on the running simulator have been different according to a position of the player and his antropometrical parameters, relationship has been discussed.

Title:

Rugby players' loading in match

Keywords:

rugby, heart rate, cardiorespiratory system, RAMP test